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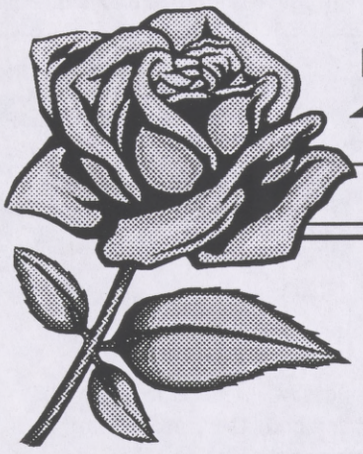

Sacramento Gender Association

Volume 1 Issue 16 June 1995

SOCIAL

SATURDAY NIGHT
JUNE 10, 1995
JUNE 24, 1995

OPTIONAL
DINNER MEETING

Library
λ Lambda Community Center
Sacramento, CA

TEA CUP CAFE
1614 21st Street

7:00 - 9:00

TOWNHOUSE

1517 21st Street
Sacramento, CA

8:30

(SEE MAP ON PAGE 4)

ADDITIONAL OPTIONS
FACES - THE WESTERN
JOSEPH'S MARCONI HARBOR

LAMBDA Freedom FAIR 10

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Saturday, June 10th
10am - 6pm
at the California State Capitol

10th Street between L & N Streets
A Benefit for the Lambda Community Center

The Capitol's

Largest Event!

COVERED BEER GARDEN

SHADED PICINIC AREA

CHILDREN'S PLAY AREA

"2" STAGES

GAYIEL VON + CAPITOL CITY SQUARES + LAMBDA PLAYERS
SEQUITA WHITFIELD + SECOND WIND + PINK PLANET + LAURA BOWDY
RONNIE AND THE FLIGHT + LAURA CHANDLER
FLONA LEHN + JIM RALSTON + KELLY CONWAY
DUVAL SPECK + QWEN MC MILLIAN

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Sacramento Gender Association
Blue Rose Chapter
PO Box 215456
Sacramento, California 95821-1456
Phone (916) 482-7742

The Sacramento Gender Association (SGA) is a non-sexual, membership-based organization serving the educational, recreational, and fun needs of the gender challenged community , their spouses, significant others, family members and professionals. Membership is open to all interested persons regardless of gender or sexual orientation.

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The S.G.A. Newsletter is published the last week of January, March, May, July, September, November. Submissions should arrive at SGA by the 25th day of the previous month. Contents reflect the opinions of the contributors, and are not necessarily those of SGA. Other organizations may reprint or reproduce uncopyrighted portions of the newsletter for their members provided SGA is acknowledged. Copyrighted material may be reproduced with written permission of the writer or author.

Please submit all articles 8.5 x 11 paper, typewritten with 10-14 point type, or WORD 2.0, WordPerfect, or ASCII Text on 3.5/5.25 disk

TREASURERS REPORT

by AVA

Things for the Association have been going fairly well and our meeting have been well attended. At our last meeting in May, the restaurant had to add two more tables to the ones set up as we had a better turn out than we anticipated for a holiday weekend.

Our meeting of June 10th will be the same day as the Lambda Freedom Fair at the California State Capitol grounds, west side, 10th Street between L & N Streets. The hours are from 10AM to 6 PM. I along with a few of the other girls will be there. Anyone who wants to start the evening early is welcome to join us there. We will be sharing an information table with ETVC so you will most likely find us there or nearby. I hope to see a good turn out for both the freedom fair and the meeting at the Tea Cup At 7PM.

I realize that some of the girls will not be able to make it to meetings during the summer because of vacations and family activities but try to make some of them if you can. Those that have not made any of the meetings at the Tea Cup are missing out on some good conversations as, unlike some of the places we have met in the past, there is no loud music to shout over to be heard.

As of May 31, the treasury stands at $548.32.

COMPUTER USERS

	COMPUSERVE	AOL	INTERNET
AVA P	75224,1767	AVA4SGA	
WITTNIE J	76100,122		76100.122@COMPUSERVE.COM
LINDA LEE	73134,567		
KAY MYERS	75460,234	KENMIII	
SHELBY B			SHELBYB@IBM.COM
RENEE L		RL1214	
LINDA KAY			NICK@IX.NETCOM.COM
ANYSE			KJOSLIN@NS.NET

Put on your dancing shoes and head for the 10th Annual, Lambda Freedom Fair on the grounds of the State Capitol from 10 a.m. - 6 p.m. on Saturday, June 10.

by CHRIS NARLOCH,
Reprinted from THE LATEST ISSUE,
Mid May 1995

Headliners Black Box will be joined by gay comics, gay singers and other gay acts for a non-stop, balls-out party. The order of the day is fun.

This year's entertainment is being organized by Paul Curtis, a 15-year veteran of the'biz', who told me the emphasis this year is on giving the gay community here a good time- 'We've worked hard to find high-quality, professional acts, both local and national, and [think we have something to please everyone.'

Internationally-known club act Black Box will perform their dance hits, 'Everybody, Everybody' and 'Strike It Up,' as well as their brand new single, 'You're Not Alone." Their new lead singer, Charvoni, is reported to give original vocalist Martha Wash a run for her money.

Local emcees Maureen Gaynor and Charlie Mauer will work two separate stages, the main stage at the end of the steps, where the headliners will appear, and a smaller stage that will showcase poets and local musicians. For those who can't sit still, there will be an area to dance, conveniently located next to the beer garden, with local DJ Tony Campos performing his musical magic.

Acts confirmed at press time include: Pink Planet, described as a cross between Erasure and Pet Shop Boys, from the Bay Area; Laura Bowly, an up-and coming country-rock artist; Laura Chandler, a national folk artist; the Capitol City Squires, our local square-dance troupe; and comedienne Sequita Whitfield. Opening up the festivities will be local cabaret singer, and a favorite at Faces, Gayiel Von.

The entertainment on the second stage will alternate between acoustic music and poetry readings. Solo acts Fiona Lehn, Kelly Conway, Jim Ralston and a Davis trio, Duval Speck, bolster the local portion of this years event

Second Wind was confirmed and the Sacramento Men's Chorus was scheduled but unconfirmed at press time.

In addition to the poetry readings, there will be a few, brief political speeches and a book signing for the cerebral set Patricia Nell Warren, author of the classic novel 'The Front Runner,' will be signing copies of her latest book for fans, somewhere on the grounds. (Look for her among the 20 or so food vendors and approximately 110 organizations with booths.)

If you're anywhere near the Capitol on June 10 you won't be able to escape gay pride- Hundreds of rainbow flags will be flying to celebrate the diversity of the gay community. That diversity will be echoed in the eclectic line-up of entertainers assembled, according to Paul Curtis, 'Since it's the 10th annual event, we want this year's Freedom Fair to be the hottest one yet." And it sounds like it certainly will be!

IT'S SHOW TIME

"There Is No Stress In A Dress"
by Linda Lee

I'll admit to you that there are times when I'll look inwardly at myself and think that perhaps I might be better off institutionalized and under some form of restraint. Mostly for my own protection. Although it's probably too late. This was one of those times. OK, let me explain and picture yourself in this spot. Imagine if you will that you are a crossdresser. Not only are you a crossdresser but a sissy as well. Now, because your sissy you've picked a yellow chiffon, lacy, country western dress to wear. This dress will cover three chiffon petticoats and matching yellow pettipants. You've picked white cowgirl boots and shaved your legs very closely this day. To make sure your seen as a true sissy you add a very large white satin hair bow as an accessory. OK so far? Typical Linda Lee you say? Ah my children not alltogether true so please read on.

Now imagine that you've planned to come out of the closet where you live. Obviously you want the most people to know about this at the same time so you decide that it would be better to advertise rather than simply call everyone. So you post a bunch of flyers around town. Now, you've picked your outfit and begun advertising. All that's left is when and where. It happens that the town you live in is very serious country (some may call it "red neckish"). Your going to be dressed serious country so you decide to pick a time and location that will be suitable for such an occasion. First the location. You looked around and select a really serious red neck country western bar. A place where a bunch of cowboys often gather to drink beer, shot pool, watch CNN rodeo highlights, fight and consider it a great evening when bail is waved. You realize it's even better than you'd hoped because you find that it has a stuffed spotted owl over a sign that reads "Hey, try and save this one." You judge (rightly so) that there's not going to be too many liberals in this bar. It's perfect!

Now the only thing left is when? Because the town is very country, your dressed country and your going to come out in a real country place you decide on the ultimate day for country people. You obviously pick the

(Continued on page 6)

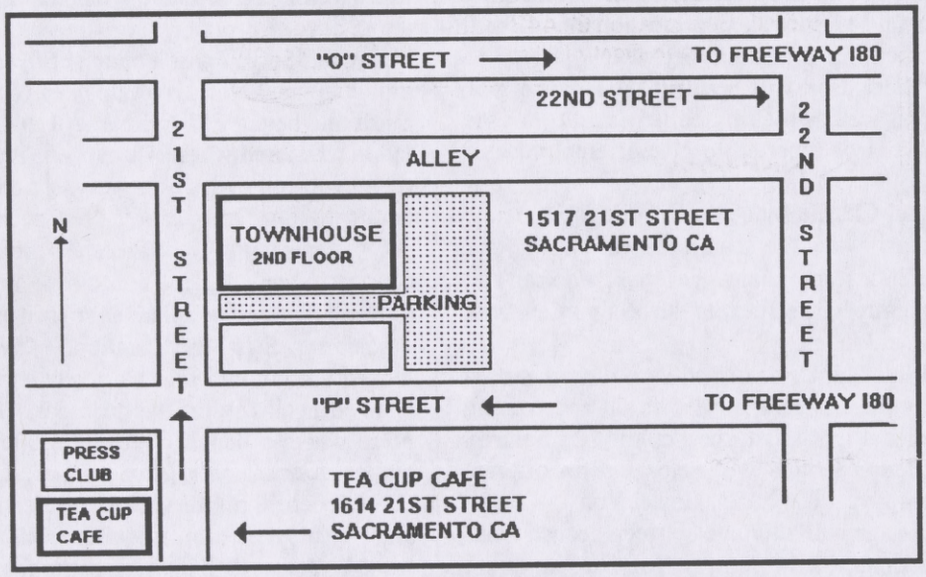
Now It'sOur Parade, Too

Do you remember the old saying, "Be careful what you wish for, you just might get it?" 'Me Bay Area gender community has been participating in the San Francisco Gay Pride celebration for many years and many in our ranks dreamed of the day when we would be specifically mentioned in the name. Now, thanks mainly to the local efforts of ETVC's Bobbi Dunne and the national efforts of ICTLEP's Phyllis Frye, that day has come! This year's event, the Lesbian/Gay/Bisexual/Transgender Pride Parade and Celebration, on Sunday, June 18 marks the 25th anniversary of the event.

What better way to celebrate our inclusion than to participate? Let's get the largest contingent available to march and show everyone how numerous we are. ETVC is also manning a beer booth and needs volunteers. When (not if) you decide to get involved, you can either call Lisa Maxwell at (415) 493-8099 or the coordinating committee at (415) 864-3733. If you need to retain your anonymity, there are a number of committees which can be sensitive to that need while benefitting from your presence.

As in years past, we will meet at JR's and carpool to the Walnut Creek BART station from whence we will BART to the City. It's really the only way to go into San Francisco that day and we can do outreach all along the way. Some have told me that DVG should have its own contingent in the parade and someday we will However, for now, the best way we can show our numbers is to march with our brothers and sisters of ETVC.

Reprint from "Devil Woman" the newsletter of the Diablo Valley Girls, June 95
by Donna Freeman



GENDER RELATED GROUPS & ACTIVITIES

Pacific Center for Human Growth
A counseling oriented growth center, sponsors all-inclusive gender support groups on every Friday except the last Friday of the month at 8:00 PM. 2712 Telegraph Avenue, Berkeley. Call (510) 841-6224

Rainbow Gender Association (RGA)
Meets the 1st and 3rd Friday of the month 8:00 PM at the New Community of Faith Church, 6350 Rainbow Drive, San Jose. Write RGA, PO Box 700730, San Jose, CA 95170. Call (408)984-4044

Diablo Valley Girls (DVG)
Meets 1st Tuesday and 3rd Monday of every month 8:00 PM at Just Rewards Nightclub, 2520 Camino Diablo in Walnut Creek. Write DVG, PO Box 272885, Concord, CA 94527-2885. Call (510) 849-4112

The Tenderloin Self-Help Centre
(a project of the Central City Community Hospital House funded by the Community Mental Health Services) Meets every Wednesday, 4-6 PM, at 191 Golden Gate, San Francisco: Call (415) 554-0518

F.T.M.
A support group for Female-to-Male crossdressers and transsexuals, holds both open Informational Meetings and closed Support Meetings. Write: FTM, 5337 College Avenue #142, Oakland, CA 94618. Call: (510) 827-2646

Educational TV Channel (ETVC)
The largest organization of this type in Northern CA providing a wide variety of support including: rap groups, a SO support group, print & video libraries, outreach, educational, and lots of social activities. Write:ETVC, PO Box 426486, San Francisco, CA 94142-6486. Call: (510) 549-2665 or Voice-Mail (415) 334-3439.

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Home Of California's North State Gender Association

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Shelby's Musings

by Shelby Beach

Summer's Here !

Get out those sun dresses and cut-offs, summer has finally arrived in river city. What a change... hardly makes you feel like dressing up (well, almost). So, what should you do on a hot summer Saturday afternoon ? Why come to the Lambda Freedom Fair of course.

This Saturday, June 10th, the Freedom Fair will be held from 10AM to 6PM at the California State Capitol (10th Street between L and N Streets). ETVC will be coming in from the Bay Area and setting up a booth to provide information on the transgendered community. Several SGA members will be womanning the booth from time to time to lend support and also provide information on the SGA. This is your opportunity to show support not only for SGA but also the entire Gay, Lesbian, Bi-Sexual and Transgendered community. We need them a lot more than they need us, so come out and show your interest in their celebration. And then come to dinner at the Tea Cup (remember, that's also a meeting night).

What Do You Want To Be When You Grow Up ?

In casual conversations with many of the other members of SGA, it has become quite obvious that with few exceptions, we really don't know very much about one another. We come to the meetings, have dinner, maybe a few drinks afterward, and then return home to turn back into Prince Charming. I have observed on more than one occasion that I doubt that you could find two members within SGA who had the same feelings about just who they were. That may be true on even a much larger scale than SGA. The diversity of individuals within the transgendered community truly is amazing.

What I have found out, however, it is that most of us, at least part of the

(Continued on page 7)

Special SGA

Shopping Night

WEDNESDAY
JUNE 14 1995
7:00 PM - 10:00 PM

Costume Rentals
B-BOP
Thrills of Yesterday & Today
1900-2001
Fashions for Ladies & Men
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1927 L Street • (916) 443-2234
Bus Stop In Front of Shop
Owner - LARRY

SIZES
8 to 16

- DRESSES
- SUITS
- PANTS
- JACKETS
- BLOUSES
- SHOES
- JEWELRY

- SPECIAL DISCOUNTS FOR NIGHT OF EVENT
- COME IN AND BROUSE
- REFRESHMENTS
- CD'S WELCOME

SPECIAL ANNOUNCEMENT

JOSEPH WILL ASSUME COMPLETE CONTROL OF THE
MARCONI HARBOR BAR & GRILL
MARCONI AVE JUST EAST OF WATT AVE
ON JUNE 12, 1995

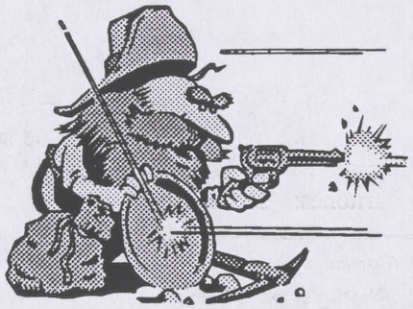
JOSEPH HAS FORWARDED AN INVITATION TO ALL THE A.L.S. COMMUNITY. IT HAS BEEN WE SUGGESTED THAT AFTER THE GATHERING AT B-BOPS THAT WE MEET AT JOSEPH'S MARCONI TO WELCOME HIM BACK

(Continued from page 3)

opening of your town's rodeo. It's even more exciting because you also realized that there will be hundreds of extra cowboys "hove" been drinking beer the whole day and will attend your coming out party. It just keeps getting better! And just to make sure those out of town cowboys don't miss your party you've advertised on the side of a Semi-truck pulling the bar's band in the parade that morning. Several thousand people now know your going to be at that bar in a dress. It's absolutely marvelous. What a coming out party this is going to be.

Now, you don't just want to stand around in a dress all night - boring. Your going to want to say something to those many wonderful drunken cowboys. So you've decided it would be great to spend some quality time explaining how much fun it is wearing girl's clothes. Oh come on of course you do. So, you put together some material to do just that. I mean think about it for a moment. Who better to understand that need to express our feminine side than your ultimate representation of macho male. Besides, he's going to be a little drunk which will make him very receptive. Right? Your excited as that day nears. You've picked a really cute dress, advertised, picked the perfect location and thrown together some things about dressing as a girl. It just don't get any better than this! Right? Ya!

OK, now, do you see why I sometimes wonder about myself? I did just exactly that. Linda Lee decided to come out because staying in is a drag (insert pun here). Someone once said: If your going to do something really spectacular it's only worthy of the effort when you risk it all. Boy, was I about to prove that to the Max! So here's the situation. It's Saturday, April 15th. Opening day of Red Bluff's rodeo. I'm across from the fair grounds in a bar called the Bull Pen. The rodeo's first day is over and the bar is filling with cowboys. A hundred or so cowboys who have watched other cowboys get trampled by horses and bulls. They've scraped their boots clean and want to party! They want more beer and of course being seriously macho need someone to hit. I'm standing at the end of that bar in that dress. I'm kind of wishing I had depends on. You see, I'm about to go on stage. I'll be explaining the joys of crossdressing to them as part of my new act. A bit of life's humor from a guy dressed as a girl telling people about a guy dressing as a girl. Let's talk challenge here. I'm wondering if I've got time to update my will. I'm wondering if the probate court takes updates written on a bar napkin. Oh, never mind, my hand is shaking to much anyway. I'm wondering what an institution would be like. The band leader nods. 15 minutes. 15 minutes and I'll know what it was like to try this. Of course that's only if I survive this next 15 minutes.



Some haven't had enough beer yet and I'm being recognized. Unfortunately there may not be enough beer to keep me from being recognized. Some have that look that says they'd like it better if I was hanging next to that owl. I look up at that owl as I mumble: "Hang in there kid, I may be joining you" and smile at the weak humor in it. And all because of a little slip of the tongue four months ago at my new job. It was another Saturday. Dinner time and I was with a group also new. One girl said: "Damn, if I wasn't working I'd be in a dress dancing right now." I was thinking of my SGA meeting missed for the first time in two years and said: "Yea, me to!" Opps! Humor got me past that moment. But I realized that I was too far out with crossdressing and more importantly unwilling to duck back into that closet. It was way too full anyway. Blasted petticoats. All right, when you can't change to suit your environment then simply change the environment to suit you. I decided it would be better that I told them I crossdressed rather than "slip" the knowledge out by accident. All I had to do was figure out how.

I've always loved humor. Especially life's humor. It actually is a lot of fun being human and for those of you who have ventured "out" you know you don't have to look really hard to find some of it when your a guy in a dress. Besides, it's served me well on those occasions when I found myself in a dress and suddenly a target for a guy whose social restraints have been lifted with alcohol. When your laughing it's really tough trying to hit someone (me). Of course I tried rationalizing in those early days but when a person is using most of his brain to remain upright it's difficult getting the point across. I mean when you've only got a second or two you don't want to use that time explaining about chromosome push or primal areas of the brain. Hey, this guy's spilling beer on his tee-shirt, OK! So I use what I call burst humor (it stands for fast on my heels) to defuse or at least confuse them till I've slipped away.

Like I've said, it's served me well and I've honed it over these past two years. Our SGA meeting places have almost always been mixed in life styles and it's easy to bump into someone who's not privy to the joys of wearing a dress - Yet! It was this desperately quick defense that I thought could be made into something. I decided that I could solve a lot of problems as a comedian in a dress. First, I could "dress" rehearse (pun intended). Next I could express my femininity with some impunity. Hey, I need to practice. Even perhaps explain crossdressing in a simpler way: "Hey, how come your wearing a dress?" "Oh, because I like it!". So with humor in hand, and a stage name added by Whittnie, I became Linda Lee Darling, staring in: "A little of life's humor from a guy in a dress". That decision was four months ago. Most on my new job now knew two things: The slower ones believe I'm a comedian who does his act in a dress.

(Continued on page 7)

Shelby's Musings *(Continued from page 6)*

Those faster know I crossdress and have built a comedy act around it. All are happy. Hell, I'm even educating a couple of them. Now back to that bar scene. It's my debut. A dozen are there from work. Mostly to see what's going to happen. Those morbid S.O.B.s. Oh well, I'm kind of curious myself. MAMA!

I walked up to the mike. Stand for a moment and realize a small percentage of them cowboys are beginning to reach under their vest. I quickly jumped into my burst stuff: "Hold on a second, keep those guns holstered and give me a minute to explain this, OK. It's my wife's fault. Hey, you could all be in this same situation. Hell, she gave me 24 points. That's a good spread. The only thing I did wrong was agree to the damn wager and pick Dallas. Anyway two more months and I'll be out of this stuff. Maybe! Naw just kidding! This is called crossdressing. Nothings changed, I'm just a guy in a dress. It's a lot like being dressed as a cowboy but you've never been on a horse. There's lot's of reasons given for dressing like a girl but I can't find any better than what I'm wearing. Yo, It feels pretty good!" And so it went. I'd been given 15 minutes till the next band was ready. I was on 20 and quit at the second and insistent high sign from my host. Will I'll be damned, it was working! They're laughing!

Sadly though I got hecklers. Can you imagine that! Heckling me simply because I'm in a dress! A women first. She yelled that my breast were bigger then hers. I yelled back that I'd noticed but unlike her I take mine off at night. I did promise to loan her mine after the show. A guy, now braver, jumped in and asked: "Hey, what you wearing under that dress?" I smiled and said: "Probably the same thing you got hidden in a box back home." The heckling stopped. I didn't. It was wonderful. A room full of cowboys listening to a guy in a dress talking about the pitfalls of pantyhose, the first thing that came up when I tried on panties. How wonderful it was to have hair on the back of my head again. How to do those feminine moves using what we've learned in boot camp and etc.. I did two more 20 minute sets and spent those 45 minutes at the bar, in between, picking up a whole new bunch of material. I even signed some of my flyers. Imagine that, some serious red neck cowboys are now back home with a picture of a guy in a dress signed: "There's no stress in a dress. Love, Linda Lee". Go figure.

Will, there you have it kids. Linda Lee launched. That Darling was Daring and now Delighted. OK, perhaps not a major win for alternate life styles but the fact that I'm writing about it with no rope burn on my neck says a lot. I'm not sure where this will go as a career but there's one hell of a lot of people who now know I wear a dress and most laugh with me over it. Who knows, perhaps I'll put together my own sissy crossdressing country western band. Boy will that audience be surprised when we start singing in our baritones: "Rawhide" Ya!

(Continued from page 5)

Shelby's Musings

time, would like to be a girl. It doesn't matter whether you consider yourself a cross-dresser, transsexual or seriously transgendered, the thought is simply fascinating. Let's face it... the clothes just fit a body that is slightly more shapely a whole lot better.

While thinking about this whole *being a girl* thing last week, it occurred to me that women really don't appreciate what they have. Now I'm sure you've all said that at one time or another (and I'm sure the opposite applies if you happen to be FTM), but that's when it really hit me. Being born a woman is much like being born a Catholic ! What you say ? Well, those of us who happen to be recovering Catholics (especially if we spent any time at all being educated by the nuns) constantly had it pounded into us what a wonderful thing our *gift of faith* was. Of course on Fridays and Sundays, it didn't seem like much of a gift at all (actually, Fridays were probably worse of all (I mean who likes fish when you're seven or eight years old ? (say, I just thought of something... I wonder if I can nest these parenthetical phrases as deeply as Billie Jean does ! (naw, probably not ! (how am I doing BJ ?) now let's see if I can get out of this)))).

Back to the subject... so now we have all these women who have been *blessed* but just don't know what they have (of course they also have their *Fridays* and *Sundays* to put up with, but many of us certainly would like to give it a try for awhile). And here we are, rather like the individuals who converted to Catholicism as adults. I was always amazed by the fact that they seemed to be much more devout Catholics than those who were *born with it*. I think there really are a lot of similarities here.

What's in a Name ?

I've often heard it said that we are very lucky in that we get to choose our own names (as opposed to allowing our parents to do it for us). So, that raises the question of "how did you get your *fem name*." I suspect that many of us have rather interesting little stories associated with how we chose our names. If you think it might be fun to divulge this little secret about yourself, drop me a note (**shelbyb@ibm.net**), or hand me a diskette or piece of paper at one of the meetings.

To kick things off, I'll tell you about *Shelby* (not necessarily all that interesting, but different). When I was about ten or twelve years old, one of my buddies (notice how guys have buddies, but girls have *girl friends* (actually, I don't have buddies any more, just girl friends (OOPS, there I go again !))) in the neighborhood had a girl friend (I guess buddies can have *girl friends* too, but that's different I think... guess I've sort of forgotten !). Anyway, this guy's girl friends name was (you guessed it) *Shelby* ! That was my first encounter with the name and ever since then I've been enamored with it. When I first got an opportunity to put it to good use, I did ! That's it. Amazing how a past

(Continued on page 8)

Library
Community Center
Sacramento, CA

(Continued from page 7)

Shelby's Musings

event in your life can have such a profound affect later (sort of like wanting to be a girl !).

OK, get those cards and letters flowing in here. I know many of you have great tales concerning your names. What about you Anyse, I just know it's got to have some deep meaning. And you Rebeeca Peterson up there in Lake Tahoe (I know you're reading this)... what about you ? I know it's a cute story, but I want it in your own words. Nobody escapes !

Men !

No, I'm not changing my sexual orientation (yet !).The May 1995 Cosmopolitan contained a short article titled *the most important thing I've learned about men*. This article was made up of quotes from many notable women regarding what they'd learned about men. I think that the most meaningful quote was from Sophia Loren who said: "Perhaps men should be more like women. This would be a friendlier world if they were. When men are attracted to a woman, she never knows what percent is for her quality as a human being. When women like a woman, they like her as a person."

But the most entertaining quote of all came from Whitney Houston: "It's a man's world, but I still like being a woman. After all, men can't wear dresses, but we can wear pants." *Oh really Whitney ???* Send your cards, letters and pictures to Whitney.

Until next month, be good. Hope to see you all at the Freedom Fair.

June 1995

SUN	MON	TUE	WED	THR	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	LAMDA FREEDOM FAIR 10AM-6PM 9	Dinner 7:00 TEA CUP CAFE 10 SOCIAL 8:30 TOWNHOUSE FACES
11 SEE ARTICLES PAGE 5	12	13	14 B-BOP MARCONI HARBOR WELCOME	15	16	17
18 FATHER DAY	19	20	21	22	SPECIAL MEDICAL DISCUSSION AT DINNER MEETING BY MINDY OF AVILA MEDICAL 23	Dinner 7:00 TEA CUP CAFE 24 SOCIAL 8:30 TOWNHOUSE MARCONI HARBOR
25	26	27	28	29	30	

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OR CALL E.T.V.C (415) 864-3733

MISSED CONNECTIONS

Mindy of Avila Medical appologizes for missing our last meeting on May 25th. She had an unexpected change in plans. She had notified the SGA two weeks prior to the meeting, but because our newsletter is published only once a month we were unable to notify the membership.

Mindy is an L.V.N. and will be available to answer questions members may have about hormones and weight loss, plus other subjects. This is not a speach or presented program — rather an informal dinner discussion .

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